I exercise self-control in my eating.

Food is my sustenance. I eat because I need food to keep my body healthy. Rather than eating purely for pleasure, I keep in mind that it is one of my basic life needs. With the understanding that food has a purpose, I am able to exercise self-control when I eat.

I consume foods that are rich in nutritional value. I prefer to eat healthy foods rather than foods that taste good only because they are high in sugar and fat. **My food selection is based on my nutritional needs, rather than on my need for pleasure.**

At gatherings, I consume enough food to satisfy my hunger. If I do not feel hungry, I refrain from eating. It's acceptable for me to try new foods, but once I have tried something new, I stop myself from overeating.

Activating my willpower gives me the strength to cease doing harmful things I may want to do. I draw on that strength to build up my self-control when I feel I might give in to temptation. **The more frequently I activate my willpower, the stronger I become.**

Reminding myself of the consequences of my actions helps me to make good choices. Overeating can lead to disease, lack of energy, and obesity. **When I exercise restraint in my eating, I feel healthy, active, and strong.**

Today, I choose to make responsible decisions based on knowledge rather than just on what feels good. I exercise self-control in my eating so I can live a healthy life without regrets.

Self-Reflection Questions:

1. Why is self-control necessary?
2. Why do I need to exercise restraint in my eating?
3. What would happen if I allowed myself to engage in out-of-control eating?